

PORTFOLIO
Analysis of a Sport, Sport Skill, Anatomy, Biomechanics, Injury, Injury Prevention

Due Date: TWO COPIES (1 electronic i.e. USB) are due on Wednesday December 16th, 2015

Portfolio Presentation PSK 4U

*Present one letter from each of the five sections of the portfolio
Diagrams and Video
Clear Outline for Instruction i.e. length of time 12-15 min
Clarity of Class Presentation*

Nt: Any photocopying or overheads that are needed I must have 1 day in advance

19 students

1)	Monday & Tuesday Jan 4,5	Regular Class
2)	Wednesday Jan 6	Sarah C., Shyanna, Mitch
3)	Thursday Jan 7	Emily S., Jakob, Emily L.
4)	Friday Jan 8	Haiden, Skylar., Harry M
5)	Monday Jan 11	Jared, Erica M., Rebecca
5)	Tuesday Jan 12	Maria, Chelsea, Kael B.
6)	Wednesday Jan 13	Megan B. Sara C.,
7)	Thursday Jan 14	Colton P, Erica D
8)	Friday Jan 15	
9)	Monday Jan 18	
10)	Tuesday Jan 19	Cul Per 1 Regular Class
11)	Wednesday Jan 20	Cul Per 2 Regular Class

Jan 4-12:21 PM

Choose a sport to research and choose a common Chronic Injury for this sport and the repeated action which causes it.

History and Societal Factors
History/Description of the sport
Give a brief history/description of the sport. Include: country of origin, year, involvement in the Olympics, professional, amateur, recreational opportunities, type of equipment, types of fitness which are challenged by the sport, changes to the sport rules or equipment due to safety and injury prevention

Factors affecting participation
Describe the socio-economic, gender and cultural factors affecting participation in this sport. Explain the costs involved in participation in this sport, does this have an effect on the types of participants, where globally the sport is played or most popular

Sport involvement
List and explain who is most likely to get involved in this sport. Consider gender, age group, culture, economic class, offer a reason for this broad or narrow group

Portfolio
Injury & Sport Skill, Anatomy, Injury, Injury Prevention

Motor Learning and Development
Motor Learning
Focus on the action you have chosen which causes the injury. Apply your knowledge of phases of the skill to describe the entire action (example: golf swing - preliminary movement, backswing and recovery, force production, critical instant, follow through, recovery)

Repeated motion
Explain where in the skill phase, and how, the overload or repeated motion leads to the injury.

Anatomy and Physiology
Chronic injury
Identify the common chronic injury you have chosen for this sport. Using your knowledge of correct anatomical terminology, describe this action causing the injury. Which tissue is specifically damaged due to the repeated action? Consider joint function and possible muscle pair imbalances.

Anatomy
Describe the bones, muscles and joints involved in each of the (motor learning) phases. Using correct anatomical terminology, describe the muscles and their actions, as well as the types of contractions (eccentric/concentric/static) taking place in each of the phases.

Biomechanics
Biomechanical Principles
Using biomechanical principles, describe the actions involved in the mechanism of injury. Consider and apply Newton's laws of motion, levers, velocity, acceleration, stability of the joint, and force-movement relationship, etc.

Rehabilitation and Injury Prevention
Injury, Rehabilitation, and Healing
Describe the injury in terms of tissue, degrees of damage, healing time, rehabilitation recommendations

Injury Prevention through Exercise Prescription
Using your knowledge of exercise prescription and it's components, prescribe sport-specific stretches and exercises to prevent the injury. Include components such as concentric, eccentric, static, isometric, isokinetic, speed of movement, balance of muscle pairs, frequency and intensity. For each component you include, explain your actions.

Dec 3-7:48 AM